



2025 SUMMER PROGRAM GUIDE

YOUTH PROGRAMMING



YOUTH SPORTS

Boys and Girls Basketball Clinic K- Grade 4

7 Tuesdays, 7/8 - 8/19

5:30-6:30 pm

Fee: \$182; Members: \$147

Skills Clinics (Grade 5-8)

7 Tuesdays, 7/8 - 8/19

6:45-7:45 pm

Fee: \$182; Members: \$147

Mini Basketball (Ages 3-4)

7 Sundays, 7/13 - 8/24

A variety of sports and games will be played each week, including soccer, t-ball, basketball, dodgeball, relay races, kickball and more! Run by Pioneer Sports.

Fee: \$147; Members: \$112

ART CLASSES

Little Picassos (Ages 3-5)

6 Saturdays, 7/12 - 8/16

10:15-11 am

Fee: \$168; Members: \$144

Young Artist (Ages 6-11)

6 Saturdays, 7/12 - 8/16

11:15 - 12:15 PM

Fee: \$168; Members: \$144



WELLNESS



BOXING CLASSES

There are many benefits of boxing, including increased cardio & muscular endurance, strength, improved reflexes and footwork, self confidence and self defense skills. Open to the public.

Boxing Boot Camp (ages 13 +)

Tuesdays, 6:30 pm

Thursdays, 7 pm

Boxing for Parkinson's

Mondays, 12:45 pm

Thursdays, 6 pm

Fee per class: \$18; Members: \$12

Package Fee: \$150 (10 classes);

Members: \$100 (10 classes)

One-on-One Boxing

Special: \$225 for (6) 45-minute sessions

1st package only

ADULT DANCE CLASSES

Tuesdays (dates TBD) 7:45 - 8:30PM

Different style Adult Dance Class,
Latin, Ballroom; no partner needed.

Fee: \$80; Members: \$40

ADULT SPORTS

Table Tennis in auditorium

Mondays, Ongoing, 7-9 pm

Fee: \$10; Members: Free

Pickleball Clinics, Lessons and Rentals

Contact Jackie at jruiz@friedbergjcc.org

or 516-634-4019 for pricing.

FITNESS PROGRAMS FOR ALL ABILITIES

Check the Ezra Center for more info!

Basketball Clinic (Ages 15 +)

Thursdays, 4:15-5 pm

Boxing (Ages 15 +)

Tuesdays, 5 pm

Thursdays, 5:15 pm

Fee: \$15; Members: \$10

Multi Sports (Ages 15 +)

Wednesdays, 5:15 pm

Fee: \$20; Members: \$15

WELLNESS



PERSONAL TRAINING

Small Group Training (Returning in the Fall)

Mondays (ongoing), 5:15-6:15 pm

Bootcamp style total body workout taught by a Personal Trainer.

Fee per class: \$18; Members: \$12

Packages: 10 classes Fee: \$150; Members: \$100

NEW One-on-one stretching with Certified Trainer

(4) 30-minute sessions

Fee: \$225; Members: \$175

Introduction Package

1st-time buyers only

(6) 30-minute sessions: \$210

(6) 45-minute sessions: \$275

60-Minute Individual Sessions

Single Session: \$71

6-Pack: \$405

12-Pack: \$755

24-Pack: \$1442

30-Minute Individual Sessions

Single Session: \$49

6-Pack: \$290

12-Pack: \$570

24-Pack: \$1,115

45-Minute Individual Sessions

Single Session: \$60

6-Pack: \$350

12-Pack: \$650

24-Pack: \$1,250

60-Minute Buddy Sessions

6-Pack: \$240

12-Pack: \$465

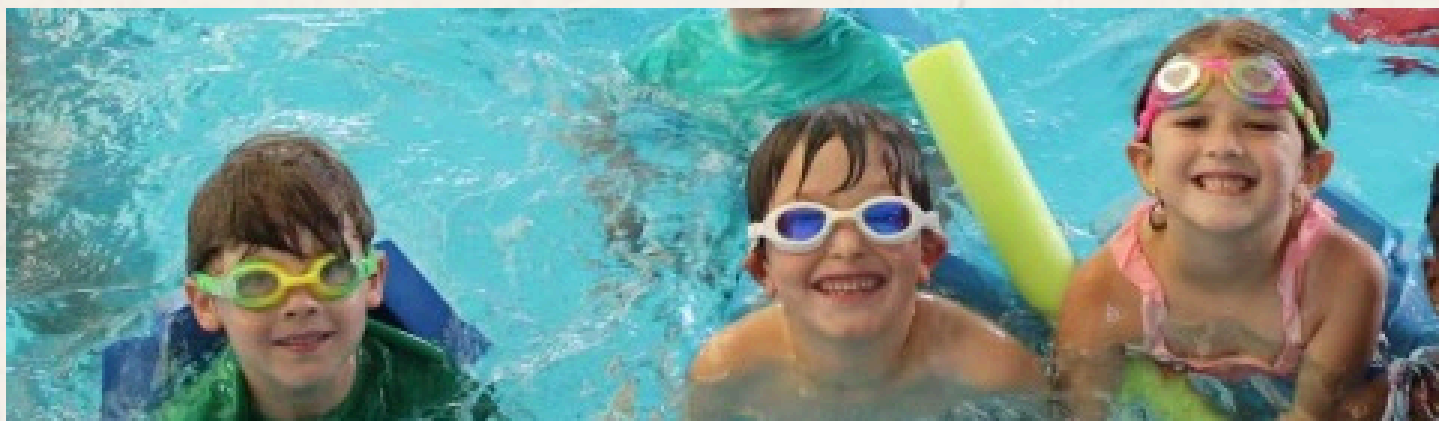
24-pack: \$810



By appointment only; contact Jackie Ruiz at JRUIZ@friedbergjcc.org or 516-634-4019.

For non-member pricing, please contact Jackie Ruiz (516) 634- 4019

AQUATICS



PRIVATE LESSONS

Learn to swim with the guidance of our highly trained instructors. Lessons are available by appointment only.

For more information or to schedule, contact Cori at 516-634-4194 or aquatics@friedbergjcc.org.

One-on-One 30 minute Lessons

All pricing is per person

5 lessons: \$265; 10 lessons: \$530

Members: 5 lessons: \$185; 10 lessons: \$370

Two-on-One 30 minute Lessons

All pricing is per person

Two-on-one Lessons are for friends or siblings that are 5 yrs and older they need to be on the same swim level. We do not pair you with another person.

5 lessons: \$210; 10 lessons: \$410

Members: 5 lessons: \$150; 10 lessons: \$300



YOUTH AQUATICS CLASSES

Parent and Me Swim Class 1 (30 minutes)

Ages 8 months–20 months

7 Sundays, 7/13- 8/24, 11 am

Orientation program designed to acquaint children with the water.

Skills include kicking, blowing bubbles, floating and safety. A parent **MUST** go in the water with their children.

Children **MUST** wear a swim diaper.

Fee: \$325; Members: \$220

Parent and Me Swim Class 2 (30 minutes)

Ages 18 months–2 ½ years

7 Sundays, 7/13- 8/24, 10:30 am

Orientation program designed to acquaint children with the water.

Skills Include kicking, blowing bubbles, floating and safety. A parent **MUST** go in the water with their children.

Children **MUST** wear a swim diaper.

Fee: \$325; Members: \$220

AQUATICS



YOUTH AQUATICS CLASSES CONTINUED.

Aquatykes with Parent *

Ages 2 ½ – 3 ½ years

7 Sundays, 7/13- 8/24, 9 am

Designed for the child and parent to explore water safety and swimming skills.

Fee: \$325; Members: \$220

Advanced Aquatykes 1 *

Ages 3-4

7 Sundays, 7/13- 8/24, 10 am

For children that are confident in the water that are able to separate from their parents.

Skills learned; floating on front and back, blowing bubbles, front crawl arms, flutter kick and pool safety.

Fee: \$325; Members: \$220

Advanced Aquatykes 2 *

Ages 4-5

7 Sundays, 7/13- 8/24, 9:30 am

For children that are confident in the water that are able to separate from their parents. Skills learned; floating on front and back, blowing bubbles, front crawl arms, flutter kick and pool safety.

Fee: \$325; Member: \$220

Jellyfish, ARC Level 1

Ages 5-12

7 Sundays, 7/13- 8/24, 9 am

Fee: \$325; Members: \$220

Skills taught: For first time swimmers. Children will learn how to submerge, proper breathing and water safety. This class will teach children proper techniques for successful swimming.

**This class is for children that must be comfortable in the water and can easily separate from a parent*

AQUATICS



YOUTH AQUATICS CLASSES CONTINUED.

Starfish, ARC Level 2

Ages 5-12

7 Sundays, 7/13- 8/24, 9:30 am

Fee: \$325; Members: \$220

Skills taught: Fully submerged head, underwater retrieving, front/back float, front/back glide, back kick and basic front crawl.

Snapper, ARC Level 3

Ages 5-12

7 Sundays, 7/13- 8/24, 10 am

Fee: \$325; Members: \$220

Skills Taught: Elementary backstroke, breaststroke, butterfly kick, sidestroke kick and endurance. Pre-req; Must successfully pass Level 2



AQUATICS



YOUTH SWIM TEAMS

Ripples: Pre-Swim Team *

Ages 5-8 (30 minutes)

7 Sundays, 7/13- 8/24 10:30 am

Fee: \$325; Members: \$220

For swimmers not ready for a competitive swim team. Skills taught: circle swimming, freestyle and backstroke, proper breathing and kicking techniques, proper starts and finishes, building endurance to lead up to swim team levels. Must be able to complete one length of our 25-yard pool.

Waves Competitive Swim Team Fall Training*

Ages 7-17

Tryout Dates TBD

Waves II *

Ages 13 + (Starting Back in September)

2 separate classes this year, based on skill level:

Beginners - 7 - 7:30PM

Advance Beginners 7:30 - 8PM

Weekly Fee: \$25; Members: \$18

Fee: \$350; Members: \$252

This swim program is designed for children, teens and young adults. It provides a fun, nurturing environment designed to strengthen swimming skills while encouraging connections with peers.

Participants should be comfortable in the water and have the ability to swim a lap (any stroke) independently.

**All New Swimmers Must Try Out*

THE J EXPERIENCE



LECTURES/ PROGRAMS

People's Forum *

In-Person Tuesdays, 11:30 am-12:30pm

Participate in lively conversation, make a social connection & face life's challenges together.

Headlines and Topics *

Wednesdays, 11 am-12:15 pm

Join us for a lively discussion of current events and newsworthy stories.

Point Counterpoint *

Politics From Both Sides

Mondays 7pm -8:30 pm

The left and the right are represented at this spirited exchange.

Between the Covers with Liz Ropers

Thursdays at 1pm in our Adult Lounge

7/3 - The Echo of Old Books by Barbara Davis

8/7 - The Wedding People by Alison Espach

Fee: \$8; Members: \$5

Lecture Series with Liz Ropers

Thursdays at 1 pm

June 12 Historical Figures from a Jewish perspective Part 2

Fee: \$15; Members: \$5

Classic Movies & discussion with Liz Ropers

Thursdays at 1 pm

May 22 The Joy Luck Club

June 26 All the President's Men

Fee: \$15; Members: Free

**Free for members, registration required*

THE J EXPERIENCE



LECTURES/ PROGRAMS CONTINUED

Acrylic Painting with Eva Berger

6 Tuesdays 7/15, 7/22, 7/29, 8/5, 8/12, 8/19

1:30- 3:30 pm

Fee: \$89; Members: \$72

An additional \$35 fee applies for supplies, or you may choose to bring your own.

Drawing with Peter Lora

6 Wednesdays 5/14, 5/21, 5/28, 6/4, 6/11, 6/18

1PM-2:30PM

Learn basic painting techniques, color and composition with Eva Berger, a trained artist with a degree in Fine Arts.

Fee: \$98; Members: \$82

Please bring \$15 on the first day of class for supplies which will be provided by your instructor.

Golf at Middle Bay

TBA

SPECIAL EVENT

Being Somebody the Show

Thursday, June 19, 2025 7pm -9 pm

Tickets \$15 Members \$10

BEING SOMEBODY stars an extraordinary 89-year-old Jewish psychologist/executive coach (vibrant and still working) alongside his talented recording artist/writer/performer daughter. Together, through storytelling, music, and movement, they take the audience on a nostalgic journey back in time to growing up in Brooklyn in the 1940s, 50s, and 1970s, evoking laughter, tears, and heartfelt memories of those moments that matter most and make us who we are. This is a real-life father/daughter tale of love, family, and hope with universal themes that speak to us all and remind us of our lives growing up and the values we still hold near and dear.

BEING SOMEBODY has received standing ovations to sold-out theaters in NYC, Westchester County, Rhode Island, and Florida.



THE J EXPERIENCE



IN-HOUSE GAMES

Mah Jongg Mondays *

Mondays, 12-4 pm

Open Play *

Fridays 11-4 pm

Canasta*

Wednesdays, 1-4 pm

Beginner Canasta with Heidi Pashko

6 Mondays 7/14, 7/21, 7/28, 8/4, 8/11, 8/18

9:30-11:30AM

Fee: \$162; Members: \$135

Canasta is making a comeback all over town. Learn why this high scoring and unpredictable game is so popular again and how to get in on the fun!

SENIOR ADULTS

REAP (Retired, Experienced and Proud)

Mondays, 11 am-2 pm

Fee: \$79; Members: \$38 per person quarterly
(includes 3 months of weekly entertainment)

PEIR (Personal Enrichment in Retirement) *

Thursdays, 10- 11:30 am

PEIR is a unique organization that offers lifelong intellectual stimulation and social interaction for retired or semi-retired adults. Members create and present their own talks, either in-person or via Zoom, to the group.

In partnership with the Oceanside JCC, PEIR is expanding its in-person presentations to a combined PEIR-JCC audience.

Members can teach or learn by presenting on topics of interest, with time for questions and discussion. PEIR covers subjects like art, history, technology, and more, keeping members mentally engaged.

There are no tests or grades—just learning, fun, and new connections.

**Free for members, registration required*

THE J EXPERIENCE



FILMS

Join us and the Jewish War Veterans for a wonderful Israeli film and discussion with our Junior Shaliach Maya Braverman:

*The Women's Balcony**

Thursday, May 29, 2025 12:30

An accident during a bar mitzvah celebration leads to a gender rift in a devout Orthodox community in Jerusalem, in this rousing, good-hearted tale about women speaking truth to patriarchal power.

Fee: \$5 Members and Jewish War Veterans

*Join us and the Jewish War Veterans for another action-packed film; September 5 **

June 19, 2025 12:30

During the 1972 Munich Olympics, a hostage crisis pushes legendary TV executive Roone Arledge to thrust an untested sports producer, Geoff Mason, into the spotlight of breaking news coverage. With lives hanging in the balance and the world watching, this pivotal moment, based on a true story, reshaped journalism forever.

Fee: \$5 Members and Jewish War Veterans



**Bagels and cream cheese will be provided by the Jewish War Veterans*

THE J EXPERIENCE



TRIPS

Day Trip to John Engeman Theater in Northport

Wednesday, May 30, 2025

Join us for an Enchanted Afternoon
South Pacific

This beloved musical takes place on a South Pacific island during World War II where two love stories are threatened by the dangers of prejudice and war. South Pacific's lush score contains some of the best songs ever written by Rodgers & Hammerstein. Let's sing along with songs such as "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outta My Hair," "There is Nothing Like a Dame".

Transportation, snacks and orchestra seats included in the trip price.

Fee: \$129; Members: \$109

Day Trip to Hempstead House at Sands Point Preserve

Wednesday, June 4, 2025

Join Us for a Trip to Gold Coast Opulence

The Hempstead House is one of four mansions on the grounds of the Guggenheim Estate. The summer residence hosted grand parties for the elite of the time. The Hempstead house is a magnificent structure with beautiful landscaped gardens and exquisite views overlooking the Long Island Sound.

On our guided tour we will see the grand rooms inside the massive Tudor Style Mansion. Tours of the Mansion are limited. We are fortunate to have this tour arranged just for us.

Fee: TBA

THE J EXPERIENCE



TRIPS CONTINUED

Day Trip to Northport Theater

Wednesday, July 23, 2025

Footloose The Musical

Let's Dance in the Aisles!

This show stopping production is based on the 1984 film and Broadway musical. It tells the story of a teenager who moves to a small town, where he attempts to overturn a ban on dancing. The songs, "Footloose" and "Let's Hear it for the Boy" were nominated for Best Original Song.

Transportation is provided via JCC bus. Lunch will be your choice at any one of the restaurants in beautiful Northport village. Seating is limited, so sign up early to reserve your spot.

Fee: \$140; Members: \$129

Day Trip to Argyle Theater

Wednesday, July 30, 2025

The Music Man

There's trouble in River City and we are all invited to see what happens when a fast talking salesman falls in love with the town librarian. The Music Man is a Tony Award-winning musical comedy. This Broadway classic has quirky characters, a score of rousing marches, and sentimental ballads. Transportation and snacks are included in the price. Lunch is on your own. Bus seating is limited. Please sign up early to reserve your spot.

Fee: \$140; Members: \$129

Day Trip to Broadway

August 13, 2025

Moulin Rouge at The Al Hirschfeld Theater
Come join us for a spectacular adventure as we journey into NYC on a luxury coach bus. The excitement begins as soon as you walk into the theater. Wayne Brady and Taye Diggs are starring in this high energy musical.

Fee: TBA



SOCIAL SERVICES



COMMUNITY PROGRAMS

In-person The People's Forum

Tues, 11:30 -12:30 pm

Participate in a lively conversation, make a social connection, and face life's challenges together.

Fee: Free for Members

SUPPORT SERVICES

Virtual and In-Person Individual and Family Counseling

By appointment only

Fee: \$74; Members: \$64

NEW Divorced/Separated Group

For men/women struggling with the divorce and separation process

5/6, 5/13, 5/20, 5/27, 6/3, 6/10

6-7 pm

Fee: \$105; Members: \$85

PROGRAMS FOR INDIVIDUALS WITH PARKINSON'S AND THEIR CARE PARTNERS

For more information contact Jackie Ruiz at 516-634-4019 or jruiz@friedbergjcc.org.

Virtual and In-Person Boxing

Mondays, 12:45 pm

Thursdays, 6 pm

Fee: Free for Members

Fit Class

Thurs, 12:45 pm

Fee per class: \$18; Members: \$12

10 pack: \$150; Members: \$100

Ping Pong

Mondays, 2 pm

Fee: Free to those with Parkinson's and their care partner

SOCIAL SERVICES



SPECIAL PARKINSON'S SUPPORT PROGRAMS

Virtual Ongoing Parkinson's Caregiver Support Group for Spouses

6/10, 6/24, 7/8, 7/22, 8/5, 8/19

7-8 pm

NEW-Virtual Men's Care Partner/Spouse Group

1st Friday of each month at 12:30 PM

6/6, 8/1

NEW-In Person Parkinson's Caregiver Support Group

Starting Monday 6/9 at the Friedberg JCC

6/9, 6/23, 7/7, 7/21, 8/4, 8/18

Thursday 2 PM

PARKINSON'S PRESENTATION AND SEMINARS

Come learn about new Parkinson's medication, Crexont, with Dr. David Kreitzman, Movement Disorders Neurologist. Sponsored by Amneal Pharmaceuticals. More details will follow.

Wednesday, June 18, 3 PM

BEREAVEMENT GROUPS

If you have lost your partner/spouse and are looking to join a bereavement group please contact Susan Montanaro at 516-634-4175 or smontanaro@friedbergjcc.org.

NEW CASE MANAGEMENT PROGRAM

Contact Caitlin Moronta at cmoronta@friedbergjcc.org or (516) 634-4160.

Bridges to Support *

Accessing services feels less overwhelming when a caring professional offers support at every step.

We link individuals and families under the age of 60 to an array of community based services.

Funded by the Mother Cabrini Health Foundation. Spanish speaking social worker available.

Isolation to Connection *

UJA-Federation funded program linking seniors to community-based services. If you are looking to connect, know of an isolated senior or are looking for community resources.

CENTER FOR BRAIN HEALTH



PROGRAMS FOR INDIVIDUALS WITH DEMENTIA

ESP- Early Stage Dementia Program for the Recently Diagnosed

Tues, Wed, Thurs, 10:30 am-3 pm

A special program for those recently diagnosed with progressive neurocognitive impairment such as Alzheimer's disease or a related dementia. Participants join together in a supportive environment that allows for maximum independence while understanding the challenges of their diagnosis. Each session offers an opportunity to socialize with others who are living the same journey. Stimulating activities include guest lectures, music, art, brain games, creative writing, specialized exercise, and much more. Lunch is provided. An interview to assure proper placement is required.

Fee: \$80 per session

An ESP Afternoon

Wednesdays, 1- 3 pm

For those who start their day later, join us for some fitness, fun and friendship. Activities will include a session of Chair Yoga, Brain Games, Art and a light snack. An interview is required.

Fee: \$40 per session

Mind Body Spirit for Men Experiencing Mild Cognitive Changes

Mondays, 1-3 pm

Fee: \$50 per session

NEW! Mind Body Spirit for Women experiencing mild cognitive changes

Mondays, 10:30-12:30pm

This two-hour class will provide opportunities to learn and practice cognitive enhancement techniques, manage stress, engage in wellness and enjoy stimulating activities to maintain an independent lifestyle.

Fee: \$50 per session

*For more information, contact Pam Jaffe, LCSW
at 516-634-4192 or pjaffe@friedbergjcc.org.*

CENTER FOR BRAIN HEALTH



PROGRAMS FOR INDIVIDUALS WITH DEMENTIA AND THEIR CARE PARTNERS.

Virtual Dementia Caregiver Support Group for Spouses/Partners*

1st and 3rd Friday of each month
6/13, 6/27, 7/11, 7/25, 8/1, 8/15
10:30-11:30 am

Virtual Support Group for Adult Children of Parent Diagnosed with Dementia*

6/11, 7/9, 8/13
7-8 pm

NEW: TAI CHI FOR ARTHRITIS & FALL PREVENTION

To register, call 516-766-4341 or visit friedbergjcc.org

A program of the Friedberg JCC Center for Brain Health

Join Donna Grossman, a Certified Instructor Tai Chi for Arthritis & Fall Prevention, and learn this ancient practice of how smooth purposeful movements support both body and mind.

8 In-Person Sessions: 6/6 -8/1 (No Session 7/4)
Fridays 10:00-10:45

Sunrise Association Building on the JCC Campus, Sunrise Room B

Fee: \$80; Members: \$60

SPRING MEMORY CAFE SERIES

Just Because It's June Memory Cafe

Live Music, delicious kosher lunch, dessert and a good time with people on the same journey

Friday June 6, 12:30-2:00pm

Must RSVP by May 30th at pjaffe@friedbergjcc.org or 516-634-4192

*All Memory Cafe's will be held at the Friedberg JCC Auditorium - 15 Neil Court, Oceanside NY

**Fee: Free and Open to the Community*

EZRA



Child Care Class

This class will teach skills for supporting children in a variety of settings. Learn about child development, supervision, health and safety, and age-appropriate activities. Upon completion, students who would like to learn more can apply for further training and internships in the JCC's Early Childhood and school-age after-school programs. Contact Jose Saint-Louis at jsaint-louis@friedbergjcc.org for information about our next cohort. *Fee \$300; Members: \$250*

Relationship and Sexuality Education Classes

These classes, using the Elevatus curriculum, will empower adults (18+) to build self-confidence and maintain healthy relationships. Topics include different types of relationships, public and private spaces, communication and decision-making, internet and social media, being in a relationship, body parts and more. Day and evening class options will be available. Contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org for more information on class options.

Weekly Fee: \$40; Members: \$30

Aspire Classes

Mondays, Wednesdays & Fridays

Please visit our website for class schedule & pricing. The Friedberg JCC is proud to present this series of independent classes that can be tailored to meet your interests and passions. Classes include Cooking With Stars cooking classes, Ceramics, Painting, Mixed Media Art, Yoga, and more.

Harvey's Cafe Vocational Training- The JCC's cafe is now a vocational training center.

Participants will learn food service skills, including stocking, preparing food, serving customers, handling money, and cleaning. To join this new initiative, please contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org

EZRA



Speed-Friending

Join us for a fun Speed Friending session, an activity that builds social capacity and fosters social connections and inclusion. Lively and active way for people to meet and get to know others. This month's topic will be sports! Play, socialize with your new friends and enjoy pizza and drinks. Please contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org to find out when the next event will be held.

Fee: \$10; Members: \$5

Family Support Service Programs

The Friedberg JCC offers free classes and programs to those who are eligible for New York State's Office of People with Developmental Disabilities (OPWDD) Family Support Services program.

VIRTUAL Special Advocacy Coalition (SPEAC)

A community group for differently-abled adults who want to SPEAK UP and make changes in their lives and communities. SPEAC hosts the following virtual meetings via Zoom.

Membership Meetings - Monthly structured self-advocacy meetings.

Mondays, 4:30-5:30 pm

No Summer meetings, Next Session: 9/8

Fee: Free to All

Talent Show

Wednesdays, 7/8, 8/6

SPEAC invites all singers, dancers, poets, artists, joke tellers and other performers to join us on Zoom for a night of music, laughter, and connection.

VOLUNTEER OPPORTUNITIES



VOLUNTEER SERVICES PROGRAM

Discover meaningful ways to use your skills, passions, and leadership to support the JCC and its partner agencies in the community. Volunteers take on roles as leaders, mentors, and active participants in regular community-building events. Join our volunteer network to stay updated on opportunities through the weekly volunteer job board and sign up for impactful projects.

DRIVES

Culinary Assistants

Ongoing

Assist the chef in a cooking class designed for adults with disabilities. Responsibilities include supporting participants with ingredient preparation, cooking, and cleaning. Enjoy a rewarding experience as you help create and share delicious meals together.

Boxing Volunteer

Mondays, 12:45 pm

Help in our Boxing with Parkinson's class.

Sports Volunteer

Tue/Wed/Thu Evenings

Help with our Sports Classes for Adults with Disabilities.

SEPTEMBER 2024- JULY 2025

HOLIDAY HOURS/CLOSURES

MON, SEPT 2	LABOR DAY	8 AM- 1 PM*
WED, OCT 2	EREV ROSH HASHANAH	CLOSING AT 3 PM
THURS, OCT 3	ROSH HASHANAH	CLOSED
FRI, OCT 4	ROSH HASHANAH	CLOSED
FRI, OCT 11	EREV YOM KIPPUR	CLOSING AT 3 PM
SAT, OCT 12	YOM KIPPUR	CLOSED
WED, NOV 27	THANKSGIVING EVE	CLOSING AT 5 PM
THURS, NOV 28	THANKSGIVING	CLOSED
TUES, DEC 24	CHRISTMAS EVE	CLOSING AT 5 PM
WED, DEC 25	CHRISTMAS DAY	8 AM- 3 PM*
TUES, DEC 31	NEW YEAR'S EVE	CLOSING AT 5 PM
WED, JAN 1	NEW YEAR'S DAY	10 AM- 2 PM*
SUN, APR 13	PASSOVER	CLOSED
MON, APR 14	PASSOVER	CLOSED
MON, MAY 26	MEMORIAL DAY	8 AM- 1 PM*
FRI, JULY 4	INDEPENDENCE DAY	8 AM- 1 PM*

OCEANSIDE NORMAL OPERATING HOURS

Monday- Thursday 6:30 am - 9 pm

Friday 6:30 am- 5 pm

Saturday 8 am- 2 pm

Sunday 8 am- 4 pm

- **FITNESS AND AQUATICS ONLY**

MERRICK, LONG BEACH, LYNBROOK, MAGNOLIA BRANCH NORMAL OPERATING HOURS

Monday- Friday 7 am- 6 pm

Extended hours available for all programs

